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Tuesday, August 15, 2017 metro.us | t: MetroPhilly | ...MetroPhil

A LOT OF THINGS WENT DOWN

Five burning questions from this week's 'Game of Thrones.' 16

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REID IT AND WEEP

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GETTY IMAGES, PHOTO ILLUSTRATION BY BILLY BECERRA, METRO

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MICHAEL MARTIN

From Trump's Twitter account to official White House statements, the Trump administration seems to have a problem catching misspellings. Find out more at **metro.us/president-trump**

TRUMP FINALLY CALLS HATE GROUPS CRIMINALS

1 President Donald Trump denounced neo-Nazis and the Ku Klux Klan as criminals and thugs on Monday, bowing to mounting political pressure to condemn such groups explicitly after a white-nationalist rally turned deadly in Virginia. Trump had been assailed from across the political spectrum for failing to respond more forcefully to the violence. The head of one of the world's biggest drug companies quit a presidential business panel as a result, saying he was taking a stand against intolerance and extremism. Critics slammed Trump for waiting too long to address Saturday's violence in Charlottesville and for initially saying that "many sides" were involved, instead of singling out the white supremacists widely seen as sparking the melee. Several senators from his own Republican party had harsh words for him.

MADURO SEEKS TO CAPITALIZE ON THREAT

2 While U.S. Vice President Mike Pence travels to Latin America tamping down concern over his boss's threat of possible military action in Venezuela, the country's leader, Nicolas Maduro, sought to capitalize on local outrage by holding an "anti-imperialist" protest on Monday. The march started with a late morning rally and was expected to end at the presidential palace where Maduro will address the crowd, while a conciliatory Pence continued a tour of the region that began in Colombia on Sunday. In Cartagena, Pence backpedaled from President Donald Trump's statement last week that a "military option" was on the table for Venezuela.

5 THINGS YOU NEED TO KNOW

TRUMP PROTEST

3 Hundreds of protesters gather outside of Trump Tower along Fifth Avenue on Monday in New York City.

GETTY IMAGES

MAN ARRESTED IN PLOT TO BOMB OKLA. BUILDING

4 An Oklahoma man has been arrested by the FBI on charges that he tried to blow up an Oklahoma City bank building with a van he thought was packed with explosives, U.S. prosecutors said. The Federal Bureau of Investigation arrested Jerry Drake Varnell, 23, of Sayre, Oklahoma, on Saturday. According to a complaint, Varnell had initially planned to bomb the U.S. Federal Reserve in Washington, D.C., in a manner similar to the 1995 explosion at a federal building in Oklahoma City that killed 168 people. "This arrest is the culmination of a long-term domestic terrorism investigation involving an undercover operation, during which Varnell had been monitored closely for months as the alleged bomb plot developed," federal prosecutors said in a statement.

NEO-NAZI SITE CANCELED BY GODADDY THEN GOOGLE

5 Neo-Nazi website the Daily Stormer had its domain registration revoked twice in less than 24 hours, in moves that threatened to take it offline if it does not find a replacement for GoDaddy and Google, which both said the site had violated their terms of service. GoDaddy Inc. disclosed late on Sunday via Twitter that it had given The Daily Stormer 24 hours to move its domain to another provider, saying it had violated GoDaddy's terms of service. The white supremacist website, associated with the alt-right movement, helped organize the weekend rally in Charlottesville, Virginia, that turned violent. GoDaddy feared the site might be used to incite further violence after the events in Charlottesville, including the death of Heather Heyer, who was fatally struck by a car allegedly driven by a man with white nationalist views.

FAST FACT

The Southern Poverty Law Center (SPLC) has documented a rise in the number of hate groups in The United States. The rise in the past two years is due in part to a presidential campaign that flirted heavily with extremist ideas, according to the SPLC.

Source: Southern Poverty Law Center

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Suspect flips off camera, urinates on Northeast Philly synagogue

On Sunday, a man was caught on surveillance cameras defacing a house of worship in Somerton.

HAYDEN MITMAN
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Philadelphia police are looking for a man who was spotted on surveillance cameras urinating on a synagogue in the city's Somerton neighborhood early Sunday.

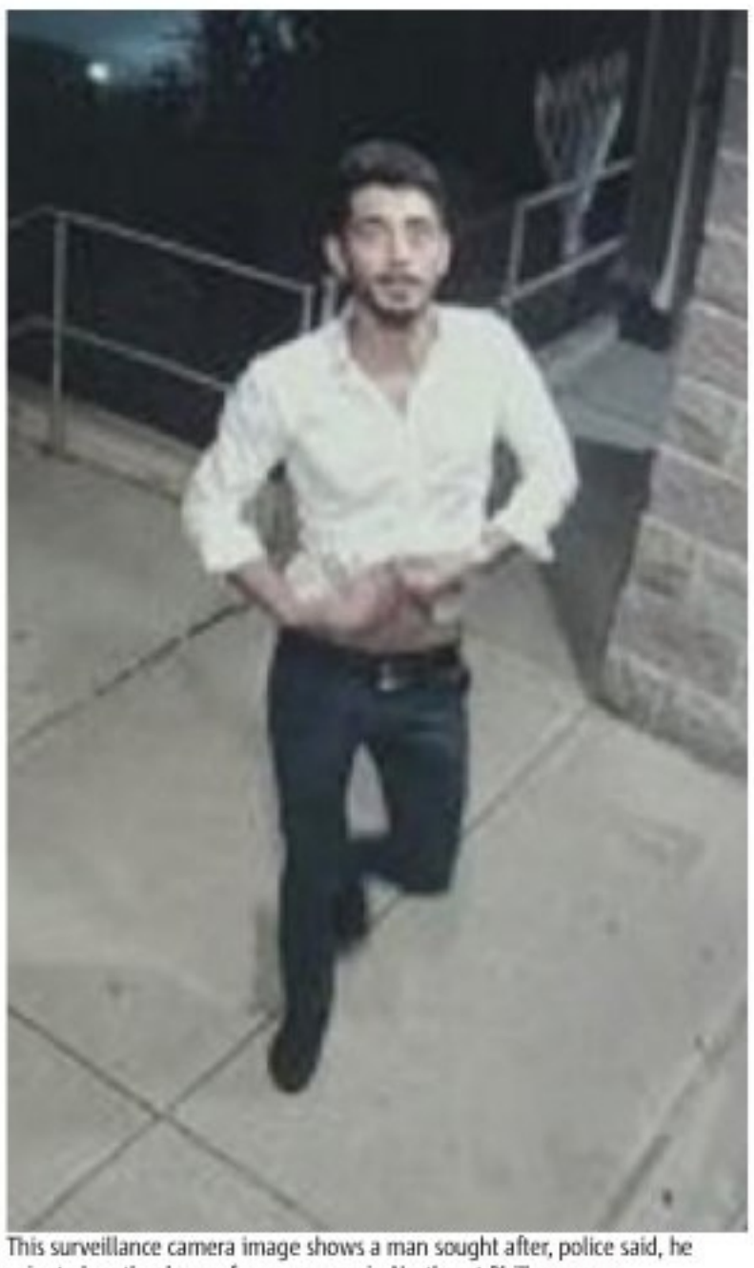
Police said the incident was recorded by cameras at about 12:30 a.m. on Sunday, when a man was spotted at the Congregation Beth Solomon located at 198 Tomlinson Rd.

The male approached the front doors, and as can be seen in the video, he "gave an obscene hand gesture in the direction of the camera, then began to urinate on the walls and sidewalk directly in front of the doors of the synagogue," according to the police report.

Authorities said that after the incident, the man entered the passenger seat of a white four-door sedan and fled the area.

Law enforcement officials have described the wanted male as being about 20 years of age, with a thin build, light complexion, short beard, black hair, and, at the time of the incident, he was wearing a white shirt and jeans.

Philadelphia police are asking anyone who may have information about this crime to contact the Northeast Detective Division at 215-686-3153/3154.



This surveillance camera image shows a man sought after, police said, he urinated on the doors of a synagogue in Northeast Philly. PROVIDED

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SOUTH PHILLY

Two found dead in South Philly apartment

Philadelphia police are investigating a double homicide after the bodies of a 50-year-old male and a 23-year-old female were discovered in a South Philadelphia apartment on Sunday night.

According to police, the pair, who have not yet been identified, were discovered unresponsive in a home along the 1300 block of Federal Street at about 11:42 p.m. on Sunday.

The couple's apartment was found ransacked when their "bloodied and bruised" bodies were found, according to a report on Philly.com.

However, a police representative could not confirm the report when contacted on Monday morning, saying it was too early in the investigation to provide additional information.

The law enforcement official could only confirm that the two individuals were pronounced dead at 11:53 p.m. on Sunday and that there has not yet been an arrest in this incident.

HAYDEN MITMAN

White nationalists: Who are they and what do they want?

The term "white nationalist" is an umbrella term that covers members of the KKK, neo-Nazis, supporters of the alt-right and unaffiliated bigots.

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The Ku Klux Klan, neo-Nazis and men carrying Confederate flags stood side by side at a rally dubbed "Unite the Right" on Saturday in what a monitoring group called the "largest hate-gathering of its kind in decades in the United States." Who are white nationalists and what do they believe?

The term "white nationalism" originated as code for white supremacy. White supremacists believe white people are superior to other races and should dominate society, according to Oren Segal, director of the Anti-Defamation League Center on Extremism, CNN reported.

Ask the average person on the street, and a white supremacist is defined as "a racist."

White nationalists can include Identitarians, race realists, skinheads, neo-Nazis and members of the alt-right. Words like "alt-right" have gained traction since the 2016 election — along with a 20 percent increase in hate crimes, according to the Center for the Study of Hate & Extremism— to encompass a conservative group that endorses traditional right-leaning ideas plus white nationalism.

White nationalism is rooted in the concept of a white nation and a developed white national identity. A popular slogan is "diversity is a code word for white genocide."

"They want to take advantage of the current political climate, which they feel is unprecedentedly welcoming to their world view," Segal told CNN. "The outcome of the Charlottesville rally and other events this year will provide them a pretty clear idea of just how welcome their views actually are — and will undoubtedly help shape their plans for the coming months."

Some white supremacists advocate genocide and ethnic cleansing, Heidi Beirich, director of the Intelligence Project at the Southern Poverty Law Center, which tracks hate groups and extremists, told CNN.

"You would have to forcibly remove people," she said. "This is cattle-cart stuff. It also shows that their plans aren't very well thought out. They're at best aspirational."

"All civil rights for nonwhites would be removed," she continued. "All political power would be in the hands of white people, white men in particular, because this movement is an extremely male and, many would say, toxically masculine movement. They also have pretty retrograde views about what women should be doing."

She added, "If anything, their vision of America's future looks a lot like the 1600s or perhaps earlier."

White supremacists believe they are entitled to a place in society and are afraid their position will be usurped by a person of color.

White supremacists are often associated with an image of KKK members in white hoods, but not all white supremacists identify with an organization like the Ku Klux Klan, a 150-year-old group that includes an estimated 130 groups claiming superiority over other races while attacking people of color, those of the Jewish faith, immigrants, LGBTQ community members and Catholics.

"This lack of affiliation makes them harder to track, and also means that any groups that do emerge tend to be extremely flexible and porous," Oren Segal, director of the Anti-Defamation League Center on Extremism, told CNN.

Segal described the so-called alt-right as millennial men who prefer khakis and collared shirts.

"There is a sense that whites are under siege and being deliberately dispossessed by hostile elites who wish to usher in a new multicultural order," George Hawley, a political scientist at the University of Alabama, told CNN.

"They dislike the culturally foreign immigrants who enter the United States and work for low wages, and they dislike the political and economic elites that invite them in. They are also hostile to the media and academia, which they contend push an anti-white message."

White nationalists clashed with counterprotesters in Virginia on Saturday.
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Analysis

The Greater Philadelphia region has always been a hub for the life sciences. This hub was established hundreds of years ago with the University of Pennsylvania School of Medicine. In 1765, it stood as the first and only medical school in the original 13 colonies of our country. In Surgeon Hall on Fifth and Walnut streets, the young and curious minds of some of the first American-taught doctors sat in on lectures, learning about the human anatomy.

Philadelphia is still making great strides in life sciences over three hundred years later with an ever-growing healthcare sector. Today, over 80 percent of U.S. pharmaceutical and biotech companies have a presence in the Delaware, New Jersey and Pennsylvania Northeast corridor.

The Greater Philadelphia region is positioned to be a leader of the next stage of disruption in healthcare as a result of its top biomedical programs, world-renowned research institutions and a healthy ecosystem of investment activity and enterprises of all sizes. There are over 1,200 life science establishments, seven medical schools, $1 billion in National Institutes of Health (NIH) funding, $6.3 billion in investment in regional companies, and 48,900 direct life sciences jobs in the 11-county region.

The Chamber of Commerce for Greater Philadelphia's Health Care Action Team is working to leverage our region's healthcare assets and transform our 11-county community into the global leader in healthcare innovation. The Action Team consists of industry leaders in Greater Philadelphia who are working together to power exponential transformations in healthcare, leveraging billions of dollars in financial and human resources to propel promising concepts in healthcare innovation to market.

We also advocate in Washington, D.C., on behalf of our members to help facilitate business growth. Recently, Congress passed the Food and Drug Administration Reauthorization Act to help expedite commercialization of medical technologies being developed both within Greater Philadelphia and nationwide. This bill contains User Fee Agreements (UFAs) that establishes user fees to pay for regulatory review of medical devices and new therapeutics. This bodes well for companies in our region such as Adapt Pharma Inc., Novo Nordisk, Morphotek, Inc., Pfizer and Vision Care, all of which are developing novel medical technologies and therapeutics for the health care market.

To learn more about how the Greater Philadelphia region is working to accelerate healthcare innovation, please visit news.chamberphl.com/health-care-action-team.

Rob Wonderling is president and CEO the Chamber of Commerce for Greater Philadelphia.

Pediatrician Judith L. Schaechter, M.D. (left) gives a vaccination to a patient in her office. GETTY IMAGES

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The plague is back in the United States – but don't freak out yet

Fleas infected with the plague were found in two Arizona counties.

MEAGAN MORRIS
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Plague-infected fleas were found on prairie dogs in Arizona. ISTOCK

Health officials in Navajo County, Arizona, confirmed fleas found among rodents in the area tested positive for the plague, a disease that wiped out over 50 percent of the European population in the 1300s.

The news comes just weeks after plague-infected fleas were found on prairie dogs in another Arizona county — and two months after the New Mexico Department of Health confirmed two human cases of the plague.

What is the plague?

The plague — also known as the Black Plague — is caused by the bacterium *Yersinia pestis* and is typically transmitted via bites from rodent fleas. How the symptoms show up in humans depends on how they were exposed to it, according to the Centers for Disease Control and Prevention.

Bubonic plague makes up 80 percent of plague cases and come from infected flea bites — the bacteria multiply in the lymph nodes closest to the bite, which results in the sudden onset of fever, chills, weakness and headache. Septicemic plague also comes from flea bites, but can also occur if bubonic plague is not treated. The septicemic plague symptoms are similar to those of bubonic plague, but more extreme — and can cause the skin and tissue (like toes and fingers) to turn black and die.

Pneumonic plague is the most dangerous of the three types and is the only one that can be spread from person to person. The rapid onset of pneumonia, with chest pain, cough and bloody mucous is what makes it so dangerous. It can lead to death if not treated.

The plague absolutely sounds terrifying given its past ability to kill off half of Europe, but you shouldn't worry too much if you're not outdoors playing with dead animals on a regular basis.

"Navajo County Health Department is urging the public to take precautions to reduce their risk of exposure to this serious disease, which can be present in fleas, rodents, rabbits and predators that feed upon these animals," the Navajo County Health Department said, according to ABC News. "The disease can be transmitted to humans and other animals by the bite of an infected flea or by direct contact with an infected animal."

The majority of U.S. cases are reported in Southwestern states, with an average of seven deaths a year, according to the CDC. Between 1,000 and 2,000 cases are reported each year to the World Health Organization — mostly in Africa and Asia — with eight to 10 percent of people dying from their symptoms.

And, luckily, we don't have to worry about a repeat of the 1300s, thanks to modern medicine and treatments that can eliminate the plague, as long as people don't wait too long to get help after a questionable flea bite.

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Obama's tweet on Charlottesville is third most-liked of all time

Barack Obama posted this picture on Twitter as part of his reaction to the violence in Charlottesville. TWITTER/BARACKOBAMA

In the absence of Trump providing a presidential voice after the Charlottesville domestic terror attack last weekend, former President Obama tweeted a message of perspective and hope:

"No one is born hating another person because of the color of his skin or his background or his religion …" he wrote, attaching a picture of him meeting a multiracial group of children.

The tweet has become the third most-liked ever, with more 2.3 million likes, 974,000 retweets and 36,000 comments.

On Saturday, in Charlottesville, Virginia, a march and protest by groups of white nationalists and neo-Nazis descended into terrorism, when a 20-year-old man drove a car into a crowd of counterprotesters, killing one and injuring 19 others. Two Virginia state troopers who had been monitoring the event died when their helicopter crashed.

Trump was universally criticized, including by members of his own party, for his slow and equivocal condemnation of the events in Charlottesville. He at first tweeted a generic statement against "hate" and "violence" that didn't mention Charlottesville by name. In a statement delivered 48 hours after the event, he did not call out white supremacy or neo-Nazism by name, and criticized violence "on many sides." This was interpreted as implying a moral equivalence between the protesters and counterprotesters.

On Twitter and television, Republican Sens. Ben Sasse, Marco Rubio, Orrin Hatch and Cory Gardner were quick to criticize the president's failure to mention the terror groups by name.

On Monday, Trump said, "Racism is evil. And those who cause violence in its name are criminals and thugs, including the KKK, neo-Nazis, white supremacists and other hate groups that are repugnant to everything we hold dear as Americans."

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Some GOP politicians trying to shield drivers who hit protesters

Several states have taken up measures so far this year.

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Last weekend in Charlottesville, Virginia, a 32-year-old woman was killed and 19 wounded when James Field, an avowed neo-Nazi, plowed his car into a crowd protesting a white supremacist rally.

Just as President Donald Trump shielded white nationalists from specific criticism in his initial remarks about the event, six Republican lawmakers in various states are trying to protect drivers who hit protesters with their cars, ThinkProgress reports.

In January, two Republican lawmakers in North Dakota introduced a bill that would protect motorists who hit protesters blocking traffic, as long as it was unintentional. State Rep. Keith Kempenich claimed he introduced the legislation after his mother was swarmed on a road by people protesting the Dakota Access Pipeline.

"A driver of a motor vehicle who negligently causes injury or death to an individual obstructing vehicular traffic on a public road, street, or highway may not be held liable for any damages," the bill read.

It failed, 41-50, in the state Senate but turned out to be the first in a spate of similar bills.

In March, Tennessee lawmakers proposed exempting motorists from civil liability after a driver ran into safety workers at a rally protesting Trump's travel ban. That failed in a state House committee.

In April, the North Carolina House passed a bill, 61-48, that would protect drivers from charges if they hit motorists, as long as they exhibited "due care." It was in response to a Black Lives Matter rally protesting a police shooting.

Lawmakers in Florida, Rhode Island and Texas have considered similar bills.

"This is a marked uptick in bills that would criminalize or penalize protected speech and protest, and every person should be alarmed at that trend," said Lee Rowland, an attorney with the ACLU, told ThinkProgress. "We should also be alarmed by the attitude they betray, which is that when Americans get out into the streets and make their voices heard — recently, in record numbers — their elected representatives' response is not to listen to those concerns but to attempt to silence and criminalize them."

A memorial in Charlottesville, Virginia, after last weekend's protests turned violent. GETTY IMAGES

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Everything you need to know about Kenneth Frazier

Kenneth Frazier, the chairman and chief executive of drug maker Merck, resigned from President Donald Trump's American Manufacturing Council on Monday after the president failed to respond strongly to the violence in Charlottesville, Virginia.

In a statement, Frazier said, "As CEO of Merck and as a matter of personal conscience, I feel a responsibility to take a stand against intolerance and extremism."

Trump fired back on Twitter: "Now that Ken Frazier of Merck Pharma has resigned from President's Manufacturing Council, he will have more time to LOWER RIPOFF DRUG PRICES!"

Aside from being the latest target of Trump's Twitter tantrums, who is Kenneth Frazier?

Frazier is not a stranger to taking a stand.
In the beginning of his career as a lawyer, Frazier defended James Willie "Bo" Cochran, who was accused of murdering an assistant manager at a grocery store in 1976. Frazier took Cochran's case in 1991, and Cochran's conviction was overturned in 1995. Cochran was retried and found not guilty in 1997.

Kenneth Frazier has drawn criticism from President Trump. GETTY IMAGES

Frazier fired Penn State coach Joe Paterno.
As an alumnus, Frazier was picked to lead the committee investigating the Jerry Sandusky child sex abuse scandal, the Centre Daily Times reported.

Frazier was criticized for firing football coach Joe Paterno after the release of the Freeh Report, which suggested that university leaders knew about Sandusky's behavior.

Frazier is the first African-American CEO of a major American drug company.
Harvard Law School graduate Frazier began working at Merck in 1992. His 2006 promotion to executive vice president is often credited to his defense against litigation involving Vioxx, an anti-inflammatory sold by Merck that turned out to be deadly, NPR reported.

Kenneth Frazier is from Pennsylvania.
Frazier grew up in inner city Philadelphia as the son of a janitor. Although his father had limited education, Frazier called his dad "one of the most intelligent men I've met in my life," Forbes reported. KIMBERLY M. AQUILINA

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Eagles receiver Torrey Smith on national anthem: 'I don't feel any attachment to it'

Eagles players like Torrey Smith, Chris Long and Malcolm Jenkins continue to talk politics in locker room and support social activism.

EVAN MACY
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If you think Colin Kaepernick's unemployment means there will be less activism in the NFL next season, think again.

In the Eagles locker room, days after controversial events in Charlottesville put a spotlight on racial strife in the United States yet again, race relations has become a topic of conversation.

"The important thing is that these issues exist in America," Eagles defensive end Chris Long, who hails from the area in Virginia, said Monday. "But secondary to that, it's really tough as a longtime resident of Charlottesville."

Long took to Twitter to criticize President Donald Trump for not speaking out and admonishing white supremacy groups and Nazi sympathizers earlier this week and instantly brought NFL activism back into the Philadelphia spotlight. But in Long's view, it's his job as a public figure to speak out.

"Charlottesville is a progressive, forward-thinking place, logical place and I think we've taken the steps to accommodate the sensitivities of people," Long said. "I can't possibly understand what it's like to be a minority and walk by a Confederate monument in a public place. Our city council voted to change the names of those parks and the statues are on the way out and what you are seeing is a lot of insecure people making noise about it."

Though not at the protests near the University of Virginia last weekend, other players across the league are making noise too. In the first week of preseason games Marshawn Lynch refused to stand for the National Anthem for the Raiders and Michael Bennett sat with a towel over his head for the Seahawks.

"To me, the national anthem at this point is, alright, it's just a thing we do, I don't feel any attachment to it," Eagles wide receiver Torrey Smith said when asked to comment on Lynch and Bennett. "If a guy feels like he wants to sit down, he can sit down. That's for them. There are obviously problems going on and if people feel that way I respect it. I feel that way. There are issues going on in our country today."

Torrey Smith is looking to be the Eagles' go-to deep threat in 2017. CHARLES MOSTOLLER

However, Smith, who is one of the more socially conscious Eagles players, said he wanted to divert to guys who walk the walk for social change like Malcolm Jenkins.

"I think it's definitely a conversation and the guys who are trying to create change, like Jenkins, are going to continue doing what they are doing," Smith said. "Could I join a protest? Yes, but I am going to continue doing what I am doing. I think protests are important to raise awareness. Jenkins is one of the guys spearheading that for us as players. It says a lot about him. He's not just saying it he's doing the work, Kaepernick is another guy like that. The only way to really make change is through politics and legislation and he gets that."

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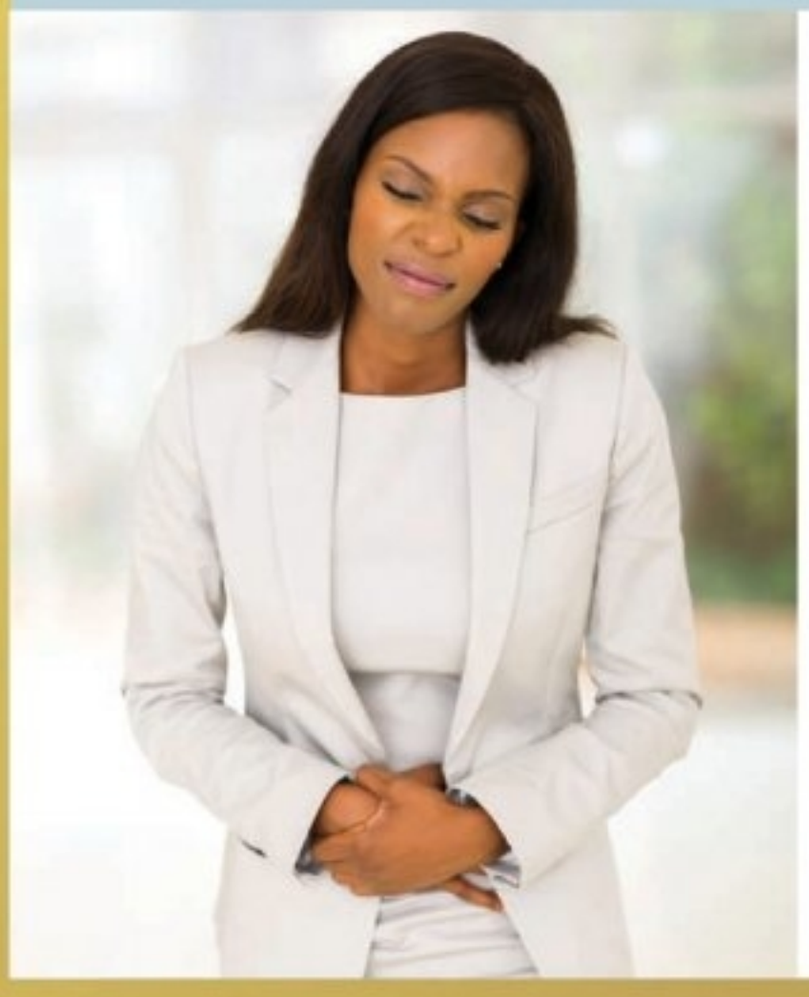

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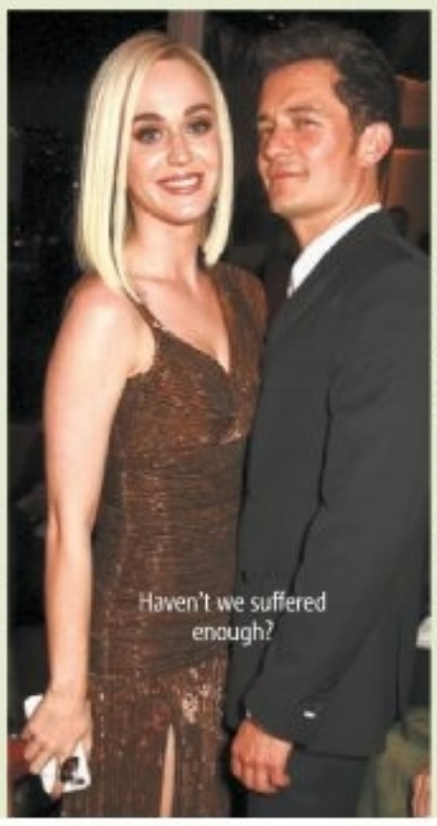
Katy & Orlando might be back on

My 14th greatest fear may have been realized: Katy Perry and Orlando Bloom may be back to entertaining each other's public and private parts. Oh dear.

Perry and Bloom were spotted at an Ed Sheeran concert — of course — in Los Angeles over the weekend. And they were, ahem, "getting cozy."

Sure, they showed up wearing jackets and baseball caps, but the crowd noticed them anyway. Perhaps because the stench of their combined thirstiness was enough to overwhelm everyone in a five-foot radius.


Haven't we suffered enough?

An eyewitness says they even touched each other — with their arms! "Orlando put his arm around Katy's waist several times, and at one point, she sat on his lap." OK, sure!

It just feels like these two together is something that nobody wants. Like, even they barely want it, you know?

Meghan Markle gets another dude's approval

Were you wondering how Prince Harry and Meghan Markle are doing? Well, they're just fine. I mean, I'm assuming. I haven't heard anything that would prove otherwise. Besides, Mike Tindall is making news for giving his approval of the pair, so who even cares what they're up to? There's a man out here begging for publicity, so let's give it to him.

Everyone sure loves giving their opinion..

Tindall is the husband of Zara Tindall, Prince Harry's cousin. And he told the Sunday People that he thinks the "Suits" star will be a great fit for the royal family.

"She has been under enough scrutiny and pressure in her day-to-day life, so I'm sure she will get through it. She will be fine." Thanks, Mike!

His tacit approval comes on the heels of rumors that Markle and the Hot Ginger Prince got engaged during a romantic Botswana safari. Because there's nothing more touching than the small of rhino poop in the air.

Leonardo DiCaprio will become Leonardo da Vinci

Surely the only reason Leonardo DiCaprio — a dude who kind of used to be hot, I think? — thinks he's capable of playing Leonardo da Vinci is because they have the same first name. And also because he thinks he's Dumbledore's gift to film, but whatever.

That's right, DiCaprio — the dude who whined his way into an Oscar — will star as da Vinci in a biopic about the famed painter and scientist.

Some outlets are going with the whole, "a role he was born to play!" thing. Just because according to "family legend," which, sure, DiCaprio got his name after this mother felt her unborn son kicking while she was looking at a da Vinci painting. Um, OK!

So there you have it. Is it too early to start placing bets on whether or not DiCaprio will complain his way into an Oscar this time, too?

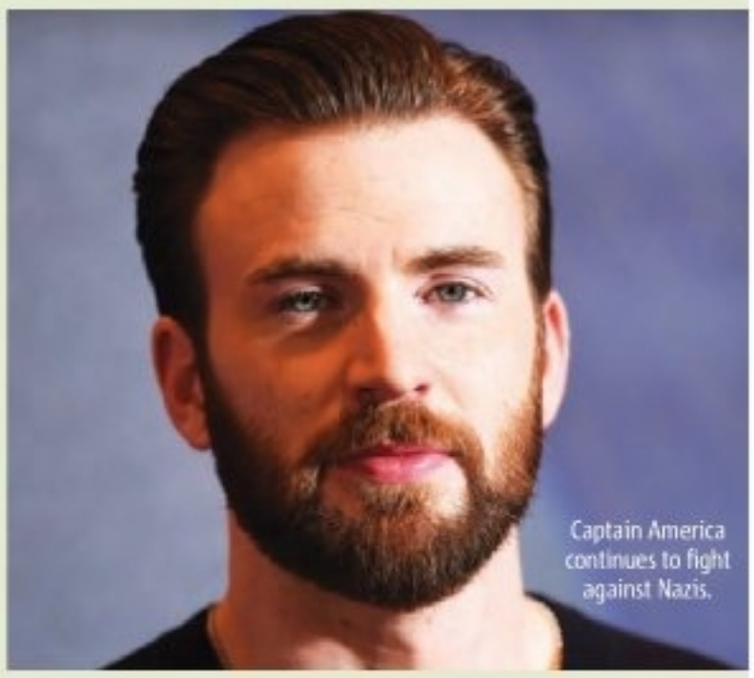
It's for art! ALL PHOTOS GETTY IMAGES

Chris Evans blasts Trump over Charlottesville

Chris Evans was one of several critics who bashed President Donald Trump for his response to the deadly attack in Charlottesville over the weekend.

The Marvel movie star once again took to his Twitter account to slam the commander-in-chief, this time for saying that there has been violence on "many sides," but failing to condemn white supremacy or Nazism by name. Evans went so far as to say that words aren't strong enough to show just how much he dislikes Trump.

The actor, however, did praise Virginia Gov. Terry McAuliffe for his reaction to Saturday's events and for denouncing all the hate.


Captain America continues to fight against Nazis.

The 36-year-old Massachusetts native went on a serious tweetstorm over the weekend, retweeting several messages that condemned the hateful gathering as well as the president's response to what happened. Evans seemed to agree with what stars like LeBron James, Patton Oswalt and Kumail Nanjiani had to say about the situation.

Leave it to Captain America and his pals to continue the fight against Nazis. MATT JUUL

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Where to celebrate National

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A full body massage is a solid choice to celebrate National Relaxation Day. Have you tried the Myofascial Release Integrated Massage at Enviama Life Spa yet? ISTOCK

In the summertime, life seems to move a little more slowly, but for most of the working professionals out there, it's still incredibly hectic. With National Relaxation Day today, it's the perfect opportunity to get into a healthy, self-care routine. Here are some of our top picks on where to celebrate National Relaxation Day in Philadelphia.

Half Moon Ayurveda
1520 Sansom St.
halfmoonayurveda.com
If you've ever been to Hot Yoga Philadelphia, you may have noticed the Half Moon Ayurveda offices on the 4th floor. This collective of ayurvedic practitioners offers a range of services to help get you centered including sports massage and trigger point therapy, acupuncture, shiatsu and reiki. Looking for something a little different to calm an overactive mind? Try the Shirodhara. In this treatment a steady flow of organic oil is poured over the forehead for about 20 minutes. It's recommended if you suffer from endocrine dysfunction, premature greying of the hair, fatigue, headache and poor digestion.

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Want to go from feeling blue to pretty in pink on National Relaxation Day? Head over to 3000 B.C. Spa in Chestnut Hill. For the entire month of August it's offering two special treatments: The Rosé Massage and the The Rosé Anti-Aging Facial. With the massage, your skin will be smooth and supple after it's massaged with an aromatic blend of rosé massage oils. Pamper your face as well with the facial afterwards, which includes a pro-youth mask that fights the signs of aging.

Enviama Life Spa
109 S. 13th St.
enviama.com
Enviama Life Spa was founded by Penny Ordway in 2002 and is Philadelphia's first green spa, dedicated to organic treatments utilizing top of the line products by Dr. Haushka and more. Choose from massages, facials, wraps and even waxing and hair removal. If it's your first time to the spa, be sure to try the signature Myofascial Release Integrated Massage which stimulates the fascia to help get rid of those troublesome knots and makes you stand a little taller. Having digestive issues? Try the Maya Abdominal Therapy utilizing Arvigo techniques.

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32 N. 3rd St.
termediaroma.com
You'll feel like you've been transported to another world at Spa Termi di Aroma in Old City, surrounded by indoor greenery and the sound of cascading water. Choose from a plethora of spa treaments to make the most out of National Relaxation Day like the Indian Foot Treatment and Aromatic Scalp Treatment. In the mood to go all out? Take advantage of the Summer Retreat Spa Package ($110) which includes a Scalp Treament as well as an Aromatherapy Massage.

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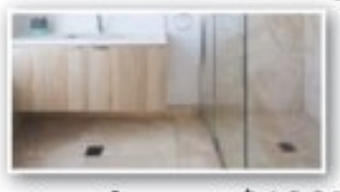

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5 Burning questions from this week's "Game of Thrones"

RACHAEL VAUGHAN CLEMMONS
@rachaelclemz
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Gendry made a beautiful, wonderful return in Sunday's episode, "Eastwatch." HBO

A lot of things went down on "Eastwatch," Sunday's episode of "Game of Thrones." We may be nearing the end of season seven, but the series remains committed to bringing young, hot Brits to our television screens. Looking at you, Hot Gendry!

Here are five burning questions we have after watching "Eastwatch."

Will Littlefinger's creepiness ever have a point?
In "Eastwatch," Littlefinger did a lot of shadow lurking. But according to showrunner D.B. Weiss, it's for a reason. "He's looking for a way to prevent this sister bond from developing further because the tighter that bond is, the more definitively he is caught on the outside of it." We all know that would be horrible for Littlefinger's brand.

Is Cersei really pregnant?
In this writer's very humble opinion, there's no way she's actually pregnant. She's just taking advantage of Jaime's sense of loss — I mean, all three of their children are dead — to ensure his loyalty. Cersei is trying to take over all of Westeros and maybe burn it to the ground; she doesn't have time for pregnancy.

Is the series setting up a love triangle between Dany, Jon and Jorah?
There were a lot of meaningful glances exchanged between Dany and Jon, Dany and Jorah, and Jorah and Jon. Jon looked at Dany and Jorah with sad sploosh eyes when they reunited and embraced, and his lips didn't move, but we all know Lord Snow was just like, "Da f—k is this dude?"

What's going to happen north of the Wall?
"Game of Thrones" did all the work to put together this ragtag group of misfits — did you ever imagine the Hound, Jon Snow and Jorah in a room together? — and next week's episode will be the payoff. A bunch of people are totally going to die trying to bring a wight to King's Landing, right?

Finally, will anyone ever listen to Gilly?
Poor mouth-breathing Gilly. Over here reading a book that has the truth about Rhaegar and Lyanna, and Sam won't even listen because he's mans-complaining about the damn Citadel. I mean, I know I will never take her seriously, but won't anyone else?

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wellbeing

Essential oils for wellness

For National Relaxation Day, the founder of The NY Institute of Aromatherapy tells us how herbal and plant extracts can help us chill out.

The certified aromatherapist talks us through how to get started with essential oils, which extracts are best suited to which ailments and how we can make our own DIY blends.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

The NY Institute of Aromatherapy teaches classes on how to create essential oil blends to target different wellness needs. PROVIDED

We can all agree tensions are pretty high right now. There's plenty to stress out about on a global level, on top of our personal anxieties, which we all have on account of being human.

While we're mostly all trying to live a healthy lifestyle — get enough sleep, exercise, eat right — we can use all the extra help we can get. Aromatherapy, while no substitute for care from a mental health or medical professional, can be a nice self-care boost to help you get a good night's sleep, relieve your anxiety and refocus your energy.

"You can't put all your emphasis on peppermint to cure everything if you're also drinking a six-pack and sitting in front of the TV all day," explains Amy Galper, founder of the NY Institute of Aromatherapy. "Aromatherapy and using essential oils for healing is considered a complementary alternative-care modality."

How to use essential oils

Galper defines essential oils as "highly concentrated aromatic extracts that are steam distilled from plants." You can apply the extractions topically — through body-care products such as sugar scrubs, hand cleanser, lip balms, or through a blend diluted with oil or water. (Directly applying oils to the skin can cause irritation). Inhaling their scent is another way. Add a few drops into what's called a nebulizing diffuser, which will vaporize the liquid and fill your home with a pleasing aroma.

Studies have shown lavender oil can lower blood pressure, relieve anxiety and work as a sleep aid. PROVIDED

Essential oils for relaxation

Galper recommends a blend of lavender, red mandarin and frankincense essential oils (or any of those on their own). Apply directly onto the skin, or add a few drops to a diffuser. Study shows lavender oil can lower blood pressure.

For a good night's sleep, try chamomile, lavender and clary sage. Lush Sleepy Body Lotion, which insomniacs swear by, incorporates lavender oil into its formula. A study from Wesleyan University found that olfactory exposure to the lavender can lead to deep sleep.

For energy

Say it's late afternoon and you want to refocus your thoughts and power through the rest of the day. Rosemary, eucalyptus and fennel are all good for clearing the mind and improving circulation, Galper says. Juniper berry, pine needle, cypress oil with lemon can also aid in alertness.

For aches and pains

If you're feeling stiff or experiencing muscle or joint pains, Galper suggests a mix of peppermint, lavender and marjoram, which you can rub directly onto the trouble areas.

DIY essential-oil blends

At NYIOA, you can take classes on how to make your own formulations, or even become a certified aromatherapist through its training program.

But if you want to get started at home, mixing your own spray bottle is an easy first step. Purchase a small spray bottle at Duane Reade and fill it with an essential-oil blend that you can use as a refreshing mist for your face and body, or to spray in your home. Here's how you do it: For every one ounce of (distilled) water, add 12 drops of essential oil, and shake well, says Galper.

Make sure you'repurchasing essential oils at an apothecary or a natural foods store, Galper cautions, so you can be sure they're coming from a plant and not adulterated with synthetic fragrances, which could lead to allergic reactions.

If you're pregnant or breastfeeding, consult with your doctor before using essential oils.

EAGLES' HEAD COACH DOUG PEDERSON IS ANDY REID JR.

THE SPORTS PROFESSOR

GLEN MACNOW
@RealGlenMacnow

The Eagles, it seems after a full year, got just what they wanted in Doug Pederson — a second Andy Reid. EVAN MACY

When Jeff Lurie sought to wash away the stench of Chip Kelly 20 months ago, he did what people rebounding from breakups tend to do — return from the exotic to what was safe and familiar.

Andy Reid, of course, was already in his relationship with the Chiefs. So Lurie did the closest thing. He hired Reid's offensive coordinator from Kansas City, a guy who had previously played here, coached here, got along here.

And in his first season, Doug Pederson evoked the best and worst of Big Red. He is a players' coach who showed an occasional knack for creative play-calling and could surprise you with gutsiness. On the other hand Pederson, like Reid before him, looked befuddled when his plan went awry and he had to think in real time. And his late-game management — well, you know.

To his credit, Pederson spent the offseason in self-evaluation. In a recent talk with reporters, the coach said he studied analytics and now is prepared to buck his instincts in certain situations.

"Some things you study go against conventional wisdom," Pederson said, "but the numbers prove you should do it anyway." Topping that list could be an increased tendency to try for it on fourth down and attempting more two-point conversions.

I like that. But here's hoping the crash course also included evaluation of the run-pass ratio. Because if there's one aspect where Doug resembles Bad Andy, it's his disdain for the ground game.

Last season, his first, Pederson called pass plays a whopping 60 percent of the time. Carson Wentz set an NFL record for attempts by a rookie (607). Whether you want to believe the offseason murmurings that Wentz's arm ached by year's end, it's hard to justify him averaging 42 throws per game in the back half of the season.

It was all so familiar. There were numerous games during Reid's tenure when the first few run plays would get stuffed and the coach would just bag it and start throwing screens to Todd Pinkston. That may have been the most infuriating aspect of Andy — other than those wasted time outs.

The Eagles added offensive weapons this off-season, mostly to the receiving corps. But the new season also brings a fresh crew of running backs, headed by LeGarrette Blount, who bulled for 1,161 yards and 18 touchdowns in New England last season.

I'm eager to see Blount. Indeed, I was eager to see him in last Thursday's preseason opener at Green Bay, where he got four carries. We can agree that August games are meaningless, but I'll still say it makes more sense to give Blount the ball on second-and-1 in that opening drive than to try Nelson Agholor on a jet sweep.

The camera cut to Pederson right after Agholor lost a yard on that ridiculous play. I swear, on my TV it looked like he had grown a red paintbrush mustache and had glasses poised on his nose.

Again, the preseason means nothing. But consider this: Because NFL teams no longer get to hit in camp, they almost never get to work on executing the short plunge. There are less than a handful of days when they can actually practice having the offensive line push the defense as Blount tries to crack the middle. That opportunity presented itself against Green Bay. Why not work on it then?

In the end, Pederson called 57 pass plays against the Packers last Thursday. His running backs totaled 16 carries. I'll stipulate it one more time: The preseason doesn't matter.

But I'll say this, too. Pederson shows no interest in ceding play calling to offensive coordinator Frank Reich. And every indication is that Pederson is a pass-first, pass-second, pass-always play caller.

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Trading Matthews was 'really hard' on Wentz

The aftermath of trading Jordan Matthews leaves the Eagles saddened but upbeat.

EVAN MACY
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Carson Wentz will not have his favorite target in 2017. GETTY IMAGES

Seeing the chemistry between Eagles quarterback Carson Wentz and wide receiver Jordan Matthews wasn't hard to see.

From end zone celebrations to offseason trips together to just shooting the breeze in the locker room, the two were attached at the hip.

Until Friday afternoon, when the Eagles decided to ship Matthews and a third-round pick north to Buffalo to bring in cornerback Ronald Darby.

"It's the tough part of the business," Torrey Smith, another of Wentz's wide receivers, said. "It's a business and you're the product. Him and Carson are real friends, not just football friends. It's a tough loss for our locker room."

Wentz, of course, is a professional and has nothing to worry about when it comes to having weapons on offense. He still has Alshon Jeffery, Smith, a surging Nelson Agholor, LeGarrette Blount, Darren Sproles, Zach Ertz and a bevy of other toys to play with when throwing the football. But the personal relationships can become very strong in a locker room, as offensive coordinator Frank Reich knows first hand.

"Jordan was a leader in that group but he wasn't the only leader," Reich said after practice Monday. "It was really hard for Carson. Those guys were super close. They had a really good chemistry. I think everybody in this business understands you need to be both personal and professional."

Keeping the two separate can be difficult, but is as necessary in the NFL as in any other career — possibly more.

"I have no doubt it happened multiple times with a trade or a cut," Reich said, "and once you are close you are always like that. That feeling never goes away. I think back to players I was close with and one gets traded — it doesn't fade."

Matthews was diagnosed with a sternum chip after his first practice in Buffalo and his status is unknown.

Eagles' new CB Darby says he wants RB Smallwood's number

Ronald Darby is a perfect fit in Philadelphia.

The recently acquired 23-year-old cornerback — sent over from the Bills in exchange for Jordan Matthews Friday — is already making dazzling plays in the Eagles' secondary against one of the most talented wide receiving units in football.

He fills a huge area of need and will get to lace up his cleats not far from his hometown in Maryland — less than two hours.

"I fit perfectly into it," Darby said of his place in Jim Schwartz's defense. "I look at myself as a man corner, I like the bump and run and when you have players behind you, you have confidence, they will be there and can get sideline to sideline and knock somebody's head off."

The shock has worn off, but it was a tough situation for Darby to understand in the immediate aftermath of the trade last week. He's glad to be in Philly and not in another place (a place with worse safeties than Malcolm Jenkins and Rodney McLeod).

"My heart dropped first because I heard 'trade' and some teams

Wendell Smallwood. GETTY IMAGES

I didn't want to go to," the third year player said. "But when I heard Philly I thought, "OK that isn't that bad. That up front is crazy. We have experienced safeties. OK, I can do that.' I knew I could do a lot worse."

Only one issue remains. his number.

LeGarrette Blount just shed the number 35, reuniting with his old number 29 after Terrence Brooks switched to 24. Which meant the only number available for Darby was the undesired number 35. Darby wants something in the 20s, specifically 28 — Wendell Smallwood's number.

Would the Eagles running back be willing to part with his number?

"I'm not in any rush," Smallwood said. "He can try to sway me, though."

EVAN MACY

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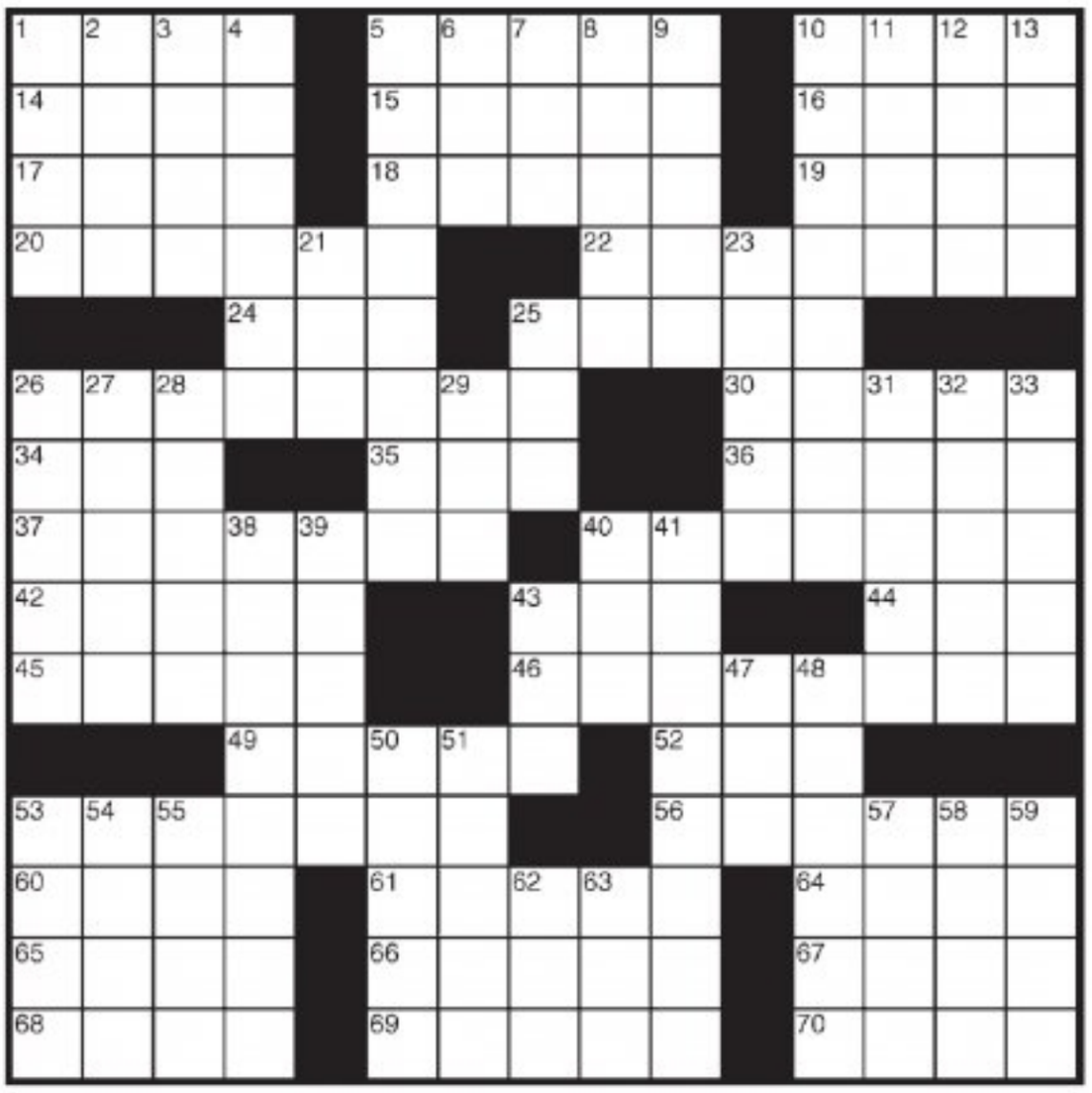
5 A vital sign
10 Loafer
14 Throw off heat
15 Solemn assents
16 Cut it out
17 Proficient
18 Mubarak predecessor
19 Bear, to Brutus
20 Sweethearts
22 Thrift shop transactions
24 Tell a fib
25 Kayak user
26 Marvelous
30 One kind of flight
34 "Exodus" name
35 Pilot's sighting
36 Auburn tint
37 Wheel covers
40 Showing the way
42 Brainstorms
43 Blyth or Landers
44Take a gander
45 Round starters
46 Indistinct speakers
49 Like some canoes
52 Conquistador's quest
53 Salad garnish
56 Diviner
60 Briefcase closer
61 Steel rod
64 Common amphibian
65 Resound
66 Neutral tone
67 Bee colony
68 No-hitter king
69 Augmented
70 Verve

Down
1 OK
2 Lectern
3 Brick oven
4 Addison's partner
5 Chose not to participate (2 wds.)
6 Ms. Thurman
7 Showed the way
8 Canine warning
9 Helena rival
10 Hunkered down
11 Cast
12 River into the Seine
13 LAX guesses
21 Female principle
23 Raw-fish delicacy
25 Turmoil
26 Sir, in India
27 Goody-goody
28 Malicious gossip
29 No --, ands or buts
31 Licorice flavoring
32 Hidden
33 Hits the ceiling
38 Ask a favor of (2 wds.)
39 Real estate
40 Large antelope
41 Not tied down
43 Poet -- Lowell
47 "It's freezing!"
48 Abhor
50 Main artery
51 Make bread
53 Sonny's ex
54 Suggestive
55 Labor Dept. division
57 Wind into loops
58 Fluid rock
59 Paradise
62 Frost victim
63 It has long arms



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easy

	2				5			
	5		4	6				9
1	4	3		2				5
4							6	
	1	7				3	8	
	6							2
5				3		4	9	8
3				9	7		1	
			5				2	

hard

2			3				9	6
		1		6	2		8	
			9	8				
4		5				9		
	2	6		7		5	1	
		7				6		2
				4	9			
	5		6	2		8		
6	4				8			1

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Aries Ask questions if you feel you aren't getting all the information required to assess a personal situation. Your relationship with others must be built on truth and equality.

Taurus You'll be given information that isn't accurate. Before taking action, find out exactly who did what. It's better to have your facts straight and to act appropriately.

Gemini Problems at home must not affect your ability to take care of responsibilities. Keep busy plugging away at what needs to be done if you want to avoid discord.

Cancer It's OK to be selfish once in a while. Refuse to let someone take advantage of you. Concentrate on what you enjoy doing and on the ones you love.

Leo Stay on top of your responsibilities. Don't be afraid to do things differently. Having an innovative approach will capture interest from someone in a key position.

Virgo You'll be at odds when it comes to emotional confrontations. Arguing will not solve a dilemma, but listening and showing consideration for others will.

Libra Ease into any decision or commitment. Consider the best way to excel professionally or personally without feeling beholden to anyone.

Scorpio Lending or borrowing will lead to trouble. A possessive attitude is not conducive to exploring discovery. Choose to use intelligence over force.

Sagittarius Be careful from where you get your information. Someone will use emotional tactics to confuse you. If uncertainty sets in, go back to the beginning.

Capricorn Live and learn. An emotional experience will lead to uncertainty and confusion about the best way to move forward. Time is on your side. Don't act in haste.

Aquarius Concentrate on your home, loved ones and what you can do to make your life better. Don't let disillusionment or emotional confusion take charge.

Pisces Share your intentions. Find out the facts if you are suspicious or confused about a certain relationship. Physical changes are encouraged. EUGENIA LAST

Yesterday's answers

G	A	R	Y		E	B	B	E	D		J	O	L	T
O	L	E	O		M	A	O	R	I		A	R	E	A
B	E	A	U	J	O	L	A	I	S		C	E	N	T
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